

Asthma Medicines

Most people with asthma take medicines. There are 2 types: control and quick-relief. Most people use at least one of each. Your doctor can explain how medicines may help you. You'll also learn how and when to take them.

Using Control Medicines

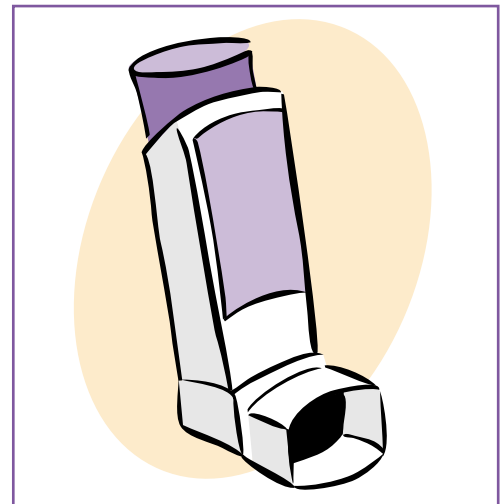
Take your control medicine each day. Do this even if you feel fine. This type of medicine helps keep asthma under control. It helps reduce the chances of having a flare-up.

Control medicines can reduce airway swelling and relax the muscles that tighten around the airways.

Using Quick-Relief Medicines

Take your quick-relief medicine to help stop a flare-up once it's begun. It works quickly to open up your airways. Your doctor may tell you to take quick-relief medicine before you exercise.

- Always keep your quick-relief medicine with you.
- Ask your doctor when you should use quick-relief medicine.
- If you are using your quick-relief medicine more than 2 times per week, call your doctor. Your asthma may not be under good control.



Using control medicines helps prevent asthma flare-ups.